AYURPRANA

POLARITY HOLDS SEQUENCE: OPENING

Opening

1. Essential oil or Oil of your choice in your hands: Palming
2. Moving the hands over the face - down the ears - turn the head right and left pressing on skanda marma
3. Occiput - base of skull
4. Occipital frontal Hold
5. Frontoparietal Hold
6. Biparietal Hold
7. Shoulder Press
8. Thighs
9. Medial Janu
10. Gulpha
11. Kshipira

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